

The Signature

Sigonella, Sicily

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TOP STORIES

The National Cholesterol Education Program's theme this year was Know Your Cholesterol Numbers and Know Your Risk. What does this mean to you as a patient?

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When we live in a foreign country we often experience frustration and discomfort when interacting with local people. One reason for this is that we are communicating with individuals who have different values

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Make sure you attend Ottobrata, an amazing fall festival featuring Sicilian food booths, (piazza Umberto), arts and crafts stalls (piazza della Regione) and entertainment throughout the day.

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The Naval Air Station Sigonella Stephen Decatur School varsity football Jaguars bested the Brussels Brigands Saturday 29-27 on the NAS I Land Annex.

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Tri-athletes began arriving at the Naval Air Station Sigonella (NASSIG) Pool on Sept. 18 at 8 a.m., burdened with bicycles, helmets, swimsuits, goggles, running shorts, and shoes for the annual Sprint Triathlon which included a 500-meter swim, a 12-mile bike ride and a 3.1-mile run.

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NMCB 4 helps with Sigonella projects

By JO2 Mark Richardson
Staff Writer

Seabees from U.S. Naval Mobile Construction Battalion Four (NMCB 4) arrived at Naval Air Station Sigonella (NASSIG) on Aug. 7 for a six-month deployment.

The main objective for the 30 member team is project SI0826 which involves installing a combination cement and steel perimeter fence at NAS II as well as replacing the open ditch with a cement one.

The project, originally started in the summer of 2003, has had two other battalions working on it in six-month phases. NMCB 4 relieved NMCB 74.

In addition to the challenges of the sun and warm temperatures, the rainy weather is also a problem. "The weather is a little bit of a challenge with all the rain," said BU2 Sean Savage. "We've got a little bit of mud going on right now but were getting through it. The biggest challenge has been the water. Were going up uphill on a culvert where all the water drains right in to where we're working so we're pushing the water back and pushing our wall forward using two pumps 14 hours a day pumping the water back."

The deployment to NASSIG is an eye opening experience and a challenge for CMCN Amy Hodges and SW3 Sarah Mason. They both recently finished A School and were assigned to NMCB 4

not long before deploying to NASSIG. "I'm learning a whole lot, pretty much an on the job learning experience," Hodges said.

"I was prior fleet so converting from ship life to Seabees has been a shock for me," Mason said. "Everybody's been very helpful to me showing me how to do it."

Hodges and Mason aren't the only new personnel to NMCB 4. Shortly after the unit arrived in Sigonella they

rescued a kitten that was stuck in a drainpipe. With help from the NASSIG fire department they were able to cut the drainpipe and get the kitten out. Gutter, as he is affectionately called, is now calling the shop his home.

As the Seabees perform their duties here at NASSIG, the safety and well being of shipmates deployed to Iraq remains a high concern. On Sept. 4, SW3 Eric L. Knott was killed in action by indirect fire in Camp Fallujah. "It's a challenge for us

here to know we have our people, our friends and other members of our command every day in Iraq taking rounds pretty much every day where they're at," Lt.jg Brian Kootstra said.

In addition to NAS Sigonella, NMCB 4 has personnel working in Iraq, Rota, Souda Bay, Guantanamo Bay, Albania, Bahrain, and Andros Island.

The Seabees will return to their homeport in Port Hueneme, Calif. in February 2005.



BU2 Sean Savage, assigned to Naval Mobile Construction Battalion FOUR (NMCB 4), adjusts the stub ups in the freshly poured foundation. Cement for the fence is poured two to three times per week for the new steel/cement perimeter fence at NAS II.

Fire Prevention Week aims to spark awareness

By JO2 Jennifer Franco
Staff Writer



Sparky the Fire Dog will be making appearances during National Fire Prevention Week Oct. 3 through 9.

Fire Prevention Week blazes through Naval Air Station Sigonella (NASSIG) Oct. 3 through Oct. 9. The theme of this year's fire prevention week is "Test your smoke alarm." During the week, a variety of educational opportunities and exhibits will be conducted by NASSIG and Italian fire departments.

The history of National Fire Prevention Week dates back to the Great Chicago Fire, which occurred on Oct. 9, 1871, killing some 300 people, leaving 100,000 homeless and destroying more than 17,000 structures. Chicago quickly rebuilt, however, and within a couple of years residents began to commemorate the anniversary of the fire with festivities. During President Calvin Coolidge's administration, the Fire Marshals Association of North America, the oldest membership section of the National Fire Protection Association, lead efforts to establish the first Fire Prevention Week in October 1925.

NASSIG's Fire Prevention Week aims to provide simple steps that can be taken to ensure the safety of yourself, your family and your co-workers in the event of fire. "For example, with smoke alarms, you shouldn't paint them, disable them or borrow the batteries from them to put in your walkman [radio]," ABHC(AW) Edward 'Deuce' Mason said. "You should also change the batteries inside them twice a year, but if one starts chirping you should change all the batteries."

During Fire Prevention Week, the NASSIG fire department will be conducting a variety of daily events to increase education and awareness about keeping fire alarms in good working order and help people learn what to do in the event of fire. Events will

Fire prevention, page 10

Naval Hospital Sigonella changes command

Courtesy U.S. Naval Hospital Sigonella

On Sept. 20, Capt. Denzel E. Garner, was relieved as commanding officer (CO) of Naval Hospital Sigonella by Capt. John A. D'Alessandro in a time honored, traditional Naval ceremony. Custom has established that this ceremony is formal and impressive, designed to strengthen respect for authority, which is vital to any military organization. The heart of the ceremony is the formal reading of official orders by the relieving



The new Naval Hospital Sigonella (USNHS) CO Capt. John D'Alessandro (left) and Capt. Denzel Garner salute during the USNHS Change of Command.

officer and the officer being relieved. Garner has served as the hospital's CO since July of 2001. He will be moving to Millington, Tenn., with his wife, Shirley, and he will serve under Commander Naval Personnel Command.

The change-of-command ceremony for Naval Hospital Sigonella began with parading of the colors and then playing both Italian and American National Anthems. Chaplain Capt. Thomas Dansak led the invocation. The guest speaker was Rear Adm. Stanley D. Bozin, Commander, Navy Region Europe.

"Capt. Garner's inspirational leadership is an excellent example of the kind of leadership we critically need today during these unpredictable times," said Bozin. Under Garner's leadership, the hospital COC, page 11



Direct Line

Capt. Joe Stuyvesant
NASSIG
Commanding Officer

On October 4, I will be signing my Combined Federal Campaign-Overseas (CFC-O) card officially kicking off the 2004 CFC-O campaign season. This is an important time of year when we can give back a little bit of what we make and help a wide-variety of organizations and groups around the world.

The CFC's philanthropic commitment is rooted in the many charitable campaigns of the 1960s. Seeing a need to collect all the philanthropic campaigns under one umbrella, federal employees created the CFCone campaign, once a year. An Executive Order signed by President Kennedy made the CFC a reality and turned an innovative idea into a uniquely effective way for federal employees to help those in need close by and throughout the world.

During the campaign season, donors can designate contributions to a variety of deserving American and U.S.-based international charities through the CFC-O. In 2003, there were 1,345,615 contributors worldwide donating over \$250 million. Last year at NASSIG we donated over \$207,000 from 2,042 contributing Sailors and employees out of 3335 potential donors. That was only 61 percent participating in last year's campaign. I know NASSIG can do better.

Some of the organizations you could choose from include: American Red Cross, American Cancer Society, Girl Scouts of America Overseas, Farm Aid, Feed The Children, Lance Armstrong Foundation, National Schizophrenia Foundation and more. Some of the organizations listed in the booklet even help organizations here on base. So your contributions today will definitely help others tomorrow.

If your department or command does not have a CFC-O representative or if you need more information, please contact the NASSIG CFC-O coordinator, LT Richard C. Gustafson at 624-6571.

So, join me and others around the base sign up for the Combined Federal Campaign...let's help out these outstanding organizations.

**Be safe Sigonella...
drive to arrive.**



Traffic tickets issued from Sept. 20 through Sept. 26.

Number of tickets in parenthesis.

- (0) Violation 1: Driving or being in actual physical control of a motor vehicle while under the influence of intoxicating liquor (0.07 percent or greater on or off base)
- (0) Violation 19: Speeding over 10 but less than 15 miles per hour above the posted speed limit
- (0) Violation 20: Speeding one to 10 miles per hour above the posted speed limit
- (0) Violation 21: Improper passing
- (0) Violation 26: Failure to obey traffic signals or traffic instruction of an enforcement officer or traffic warden; or any official regulatory traffic sign or device requiring full stop or yield right of way, denying entry, or requiring direction of traffic.
- (0) Violation 27: Operating a vehicle with no driver's license in possession
- (0) Violation 31: Improper overtaking
- (3) Violation 32: Other moving violation
- (0) Violation 33: Failing to comply with NASSIG parking regulations.
- (2) Violation 37: Failure of operator or occupants to use available restraint system devices while moving (operator penalized)

Traffic Statistics

Sept. 20 - Sept. 26

Traffic accidents with injuries: 0
Traffic accidents without injuries: 10
Car break-ins: 0
DUI/DWI: 1
DUI/DWI's 2004: 23
DUI/DWI's 2003: 58

HEALTHWATCH

Know your cholesterol numbers and know your risk

By Lt. Angela Campbell,
Registered Dietitian

The National Cholesterol Education Program's theme this year was Know Your Cholesterol Numbers and Know Your Risk. What does this mean to you as a patient?

It means adults starting at age 20 years old should get their blood tested for cholesterol levels every five years or more often depending on risk factors. It also means you should talk to your doctor or other health care provider about your risk for heart disease. Take action to decrease the risk factors that put you at risk for heart disease.

You may ask what are risk factors for heart disease and I do something about them? Risk factors are conditions that increase your risk for developing heart disease. Some risk factors can be changed and others can't be changed. The good news is that you can change most of the risk factors for heart disease.

Here are the risk factors that you can't do anything about:

- Age (45 years or older for men; 55 years or older for women)
- Family History of early heart disease (father or brother affected before age 55; mother or sister affected before age 65)
- Here are the risk factors you can do something about:
 - High blood cholesterol (includes high total cholesterol and high LDL ("bad") cholesterol)
 - Low HDL ("good") cholesterol
 - Tobacco use
 - High blood pressure
 - Diabetes (very important to lower your cholesterol if you have diabetes)
 - Being obese or overweight

•Not exercising on a regular basis
What exactly is heart disease?

Narrowing of the blood arteries that feed directly to the heart causes heart disease. The heart is like any other muscle and needs a constant supply of oxygen and nutrients. When the blood arteries leading to the heart become blocked or clogged by cholesterol and fat deposits, (called atherosclerosis) the heart can't receive enough blood and as a result can't receive enough oxygen. When the heart doesn't receive enough oxygen-carrying blood, you may feel chest pain, which is called angina. If the blood supply to your heart is completely cut off you can then experience a heart attack.

What exactly is cholesterol and what is its function in the body? Cholesterol is a waxy, fat-like substance that is made naturally by the body even if you don't eat any fat at all. Cholesterol can be found in many cells in your body including the brain, nerves, muscle, skin, liver, intestines and heart. Your body uses cholesterol to make many hormones, to make vitamin D, and to make the bile acids that help to digest fat. It only takes a small amount of cholesterol to do these needed functions for the body. If you eat too much food high in saturated fat (animal fats and tropical oils, coconut and palm kernel oil) and high in cholesterol (cholesterol is only from animal fat) you may cause your cholesterol to go too high. Other factors that cause cholesterol to be too high include family genetics, lack of exercise, tobacco use, being overweight, high blood pressure, and age. When you have too much cholesterol the extra is stored in your arteries to include the arteries of the heart. This extra cholesterol can then build up until a point

where it causes symptoms of heart disease and even a heart attack.

What is normal cholesterol? Normal values for total cholesterol is below 200, for LDL cholesterol ("bad") it is 130 or below unless a person is at moderate or high risk and then is 100 or below, for HDL cholesterol ("good") it is 45 or above for men and 55 or above for women, and triglycerides should be 200 or less in most people unless high risk for heart disease is present then 150 or below is advised.

What is high cholesterol?
•High Total Cholesterol is defined as:
•200-239 is borderline high
•240 and above is high
•High LDL ("bad") Cholesterol is defined as:

- 130-159 borderline high
- 160-189 high
- 190 and above is very high
- Low HDL ("good") Cholesterol
•40 or below is considered low and is a major risk for developing heart disease
- HDL ("good") levels of 60 or above help to lower risk for heart disease
- High Triglyceride levels are defined as:
- 150-199 borderline high
- 200 or more high

Remember these three simple steps to Healthwatch, page 13

NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41*
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Service
Sunday 11 a.m. Fellowship Hall (NAS I)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 10:45 a.m. Chapel (NAS I)

United Pentecostal Church, International
Sunday Noon Chapel, (NAS II)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m. Chapel (NAS I)

Muslim Jumuah
Friday 12:30 p.m. Chapel (NAS I) Classroom

Weekdays
Catholic Mass 4:30 p.m.
Monday & Tuesday 11:30 a.m. Thursday & Friday (NAS I)
Monday thru Thursday at 11:30 a.m. (NAS II)
Wednesday Protestant Bible Study 4:45 p.m. (NAS II Chapel)
5 p.m. (NAS I Chapel)
For more details, call 624-4295 or 624-9049.

Time

By Thom
Dansak
Command
Chaplain



OK. OK. OK. Maybe you and I aren't as handsome or beautiful as some other people. And maybe you and I aren't as brilliant as the next person. But you and I are equal to the rest of the world in at least one very important way. You and I have the same amount of time as the rich, the smart and the beautiful. We, all of us, get 24 hours to a day, 60 minutes to an hour and 60 seconds to a minute. No one can buy more time or sell time to others. We are absolutely equal when it comes to time.

That being said, did you ever sense that some people can put more things into an hour than others? It seems as though they fill their days with so much activity and get so many things done that they leave some of us spinning in disbelief. One thing after another fills their day. However, filling time with lots of activity is not the sign of time well spent. Filling our time with some quality moments may be just the thing we all need if we want to appreciate this precious gift of time. Quality activities? What are they? Well for starters I would suggest these for your consideration.

I believe that every husband and wife need some time together as husband and wife...to share their dreams and hopes for their future and that includes a future after the kids leave...I believe that this time together helps them keep their friendship strong.

I believe that moms and dads need

personal time with each of their children, not just in the hectic pace of the day's activities, and not just the time spent in the car or the van driving kids from one activity to the next. I am referring to one-on-one time with them to express your love for him/her/them and the intrinsic worth and uniqueness of each child as a gift of God. I believe this is time well spent.

I believe that each person needs time alone for a little silent thought and reflection...a brief retreat from the hubbub of the day to focus on what really matters and what is really important in their lives and relationships...call it prayer time or meditation.

I believe that everyone needs some planning time for goals and aspirations...time to adjust and modify these goals as they gain or lose importance. Life seems to be more rewarding with a little planning for the future.

I believe all of us need a little time during each day to get in touch with nature...caring for plants or pets, enjoying a walk at sunset or sunrise...just something to remind each of us that we are part of something much greater, (Sometimes I wish that there were planters in the windows of the barracks....).

What I don't believe we need to add to our 24 hours is more time in front of the television, more time on the internet, or more time that is filled with the din and racket that seems to permeate our lives. Although these activities can fill the day and help pass the time, they can make us miss or postpone the more important and valuable moments of life.

So, you have 24 hours and I have 24 hours.... How will you use yours? I am already thinking about ways to use mine.

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NAVY NEWS

CNO discusses making the Navy competitive in the 21st century with Navy leaders in Seoul

By JO2 David McKee, Commander, U.S. Naval Forces Korea Public Affairs
SEOUL, South Korea (NNS) — Chief of Naval Operations Adm. Vern Clark talked about the importance of building a 21st Century Human Capital Strategy to compete in the marketplace during his Sept. 13 meeting with Navy leaders in Seoul, South Korea.

He spoke to officers and chief petty officers about encouraging retention from men and women who choose a "lifestyle of service" by adding value to their efforts and keeping promises as leaders.

Clark said the goal in winning this "battle for people" is to serve Sailor's dedication by addressing issues regarding Navy quality of service, appreciating the contributions family members make to the Navy and providing professional development opportunities to increase job satisfaction.

Clark told chiefs and officers they must "challenge every assumption" and keep producing innovative ideas like developing an online detailing system to give the power of choice to Sailors and offering financial incentives to help Sailors make their duty assignment choices.

"We must come up with a structure and a system that is designed to compete in the 21st century marketplace," Clark

added. "You've seen some of that here in Korea called assignment incentive pay. That's a Navy idea that has spread and expanded in a joint way."

Another way the Navy helps Sailors compete is Sea Warrior, the Navy's new approach to professional development and human resource management.

"We're working to put the power of choice in the hands of Sailors and also creating something I call Sea Warrior, which is a growth and development tool that will give them the skills they need to make them extraordinarily marketable in tomorrow's world," Clark said.

In addition to value-added initiatives like Sea Warrior and services like online detailing, there are intangible reasons Sailors are remaining in the Navy.

"People are staying in the Navy because they want to be part of a winning organization that knows where it is going," Clark said.

While in Korea, Clark met with Commander, U.S. Forces Korea Gen. Leon LaPorte and senior leaders in the Republic of Korea.

Clark had a special message for Sailors serving in Korea, "I thank you, and the American people back at home thank you for the hard work you do," Clark said.

NMCB 1 Seabees help with Pensacola recovery operations

By JO2 Charles L. Ludwig, Navy News Service

WASHINGTON (NNS) — More than 140 Sailors from Naval Mobile Construction Battalion (NMCB) 1 have spent much of the week of Sept. 13 leading the recovery efforts on Naval Air Station (NAS) Pensacola, one of the areas hardest hit by Hurricane Ivan.

The storm, which made landfall Sept. 16 in Gulf Shores, Ala., with winds measuring more than 130 miles per hour, left a path of destruction throughout the base.

"It was like the Stone Age over there," said Chief Utilitiesman John Grant, NMCB 1's SERT (Seabee Engineer Reconnaissance Team) assistant officer in charge. "They had a sewage plant that was out, so there was no sewage treatment; a tree ruptured a gas main — no gas. And of course, there was no power there at all."

It all added up to make a daunting task for the Seabees, who had 49 members depart for the storm-ravaged base in the early hours of Sept. 17. The following day, 96 additional NMCB 1 Seabees arrived.

Their mission seemed simple — debris cleanup, opening up roads congested with rubble, and trying to get food and water delivered to the base's many occupants. But just getting to the base proved to be tough enough, according to Grant.

"We got to Pensacola at 4 a.m. and literally had to weave our way through the town," he said. "There were power lines in the road, roofs; we even had to move a Taco Bell sign just to get the convoy through."

Once on the base, the unit immediately got to the task of clearing the major installation roads.

"(Clearing roads) was the first thing we did," Builder 3rd Class Marco Attisano said. Attisano, a disaster recovery team member, was among the first Sailors to

reach NAS. "The most important thing early on is to make the base mobile again."

After taking a day to clear off the base's major roads, the teams moved on to general debris cleanup, a major task in itself. "There was damage everywhere," Attisano said. "Pretty much every tree on base was uprooted, and every building on base sustained some damage. We were looking at a lot of work."

The sheer look of the base following the storm was overwhelming to some, according to Information Systems Technician 2nd Class (SCW) Jason Turner, a member of NMCB 1's communication team. "I've never been in a hurricane before, but I figured I would find everything to be down, no power," Turner said. "It was actually worse than I expected. I had no idea how much power that thing was packing."

The storm's power could be seen in the damage done on the base, one of the Navy's aviation hubs. Initial estimates by base officials had the damage surpassing the \$100 million mark, as 90 percent of the base's buildings reported significant damage.

Among the worst hit were NAS Pensacola's public affairs center and photography lab. Both facilities were completely destroyed. The Naval Air Technical Training Center was completely underwater after the storm.

Despite the damage, Grant said there was a noticeable difference in conditions when the first group of Seabees returned to Gulfport Sept. 22.

"When I left, there was a world of difference from when we showed up," said Grant, who one of about 60 members to leave the area then. "I'd say about a third of the base was back on shore power. The IT guys were working on getting Internet access back in one building. So it's coming back together, but it's going to be a long process. You'll know a hurricane hit there for a long time."

The Energy Block

This week oil comes to mind. Nowadays and in the many to come we will not be able to watch the news or read a paper without seeing a price fluctuation. When filling our cars, preparing for winter or paying our electric bills, we will continue to see prices go up. Not so much for a lack of quantity but of production. It takes a lot of cash to produce oil, then more to refine and make it as environmentally friendly as feasible. This means that until research and technology catches up and gives us a more reliable, cleaner, cheaper source of energy we will continue to pay the higher demands of the supplier. But all is not lost. To offset this cost, energy efficient items can be purchased and conservation should be practiced. By turning down the water heater, up the thermostat on the AC and down the heater in the winter, a large savings will incur. Doing this at a military installation could mean an easy million or so a year. Do not under any circumstances leave your AC or heater on all day when no one is home. Drive with the windows down. This will not only give the car more power but also use less fuel. This will make you much more alert, possibly preventing an accident. That money can certainly be better spent at Walt Disney. Let's do our part, put the money back into our pockets, and live and work in a much healthier environment.

We here at the Public Works Energy Office would like to say our farewells to the People who have made this office what it is today. Mr. Mike Wright, Electrical Branch Supervisor, we thank you for all the support that was given all these years. Though not always seeing things eye-to-eye with the many Energy Managers through your tenure, you certainly have been considered as the man to get things done. That knowledge that you passed on will carry this base for a long time to come. Mr. Tom Tarkenton, the Maintenance Control Division Director. We say thank you for expediting many of our projects. Over the years you have helped us help others, saving NAS Sigonella a substantial amount of energy saving dollars. Last but not least, my personal friend and mentor, Mr. Bill Perry, the current Energy Manager for NAS Sig. Because of you, the Base Wide Energy Saving Program has not only been initiated but also implemented into all future buildings. With the information that you are leaving behind, a new control division will grow to foresee possible wastes, system failures, and maintenance problems. Your vision, to fix the problem before the customer knew there was one may one day just become the reality.

We say thank-you gentleman, for the hard work, inspiration, and knowledge that each of you have given us all. Lastly, I would like to welcome aboard the New Energy Manager, Chief Markham. Under his direction we will continue to reduce the energy consumption.

Let's use, not abuse



Corner

Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Culture shock

By Cinzia Spampinato, FFSC ICR

When we live in a foreign country we often experience frustration and discomfort when interacting with local people. One reason for this is that we are communicating with individuals who have different values. Another reason is that we are communicating with individual who think differently than we do. Our reaction to this discomfort is called culture shock.

A major cause of culture shock is the breakdown of communication with regard to language, gestures, and social customs. We find ourselves unable to respond in the correct language. When we are brave enough to communicate, the response may be someone making fun of our language usage. Negative reactions to less than perfect communication often discourage us from stepping out of our "familiar environment", causing us to miss the opportunity to experience the flavor of the host nation's culture.

People react to cultural differences in many ways and at various levels. Research shows that culture-shock reaction goes through four stages:

- Initial euphoria (individual is fascinated by the new culture)
- Irritability and hostility (individual starts to see differences; withdrawal from host culture; glamorization of home culture; low work productivity)
- Gradual adjustment (individual starts to develop an appreciation and understanding of the host culture)
- Adaptation or biculturalism (individual accept cultural differences; high participation and enjoyment of host culture; high productivity)

The two most important parts of coping strategies are preparation and knowledge. Preparation and knowledge provide you the security to step out of a familiar environment into a new pattern of interaction. The skills necessary to help you do this are:

- A sense of humor
- Flexibility
- Open-mindedness
- Willingness to fail
- Curiosity
- Realistic expectations

•A non-judgmental attitude

Culture shock is an excellent opportunity for personal growth and reflection about own culture. Our ability to experience culture shock is a sign that we are culturally aware of recognizing the differences and similarities among all people. This is the first step toward understanding other cultures.

CTO, IT ratings to merge

Center for Information Technology Public Affairs

SAN DIEGO, Calif. - In July 2002, a workforce assessment of information technology personnel found that a 70 percent of the job tasks between Information Systems Technician (IT) and Cryptologic Technician Communications (CTO) overlapped.

This study, requested by the Director of Naval Training and Education (N79), sparked a recommendation to merge the two ratings to save manpower, personnel and training costs in the long-term.

"Based on the findings and commonalities in job tasks associated with both ratings, this merger just makes sense," said Center for Information Technology (CIT) Functional Lead for Security CTOC(SW) Jonathan Brandt. "We discovered redundancies and gaps, not only in what we were training at the front end of the CTO and IT pipelines, but also what we were expecting them to do for us in the Fleet."

The CTO/IT merger is planned for FY07. As a result, all remaining CTO accessions are being rerouted to Great Lakes, Ill., to attend IT A school and graduate with an IT designation. Additionally, Center for Cryptology (CC), with assistance from the school staff in Great Lakes, Commander Naval Personnel Command (CNPC), Commander Naval Recruiting Command (CNRC), Training Support Center (TSC) in Great Lakes and Training Support Detachment (TSD) onboard Cory Station, provided the means to send the last nine CTO students from Pensacola, Fla., to Great Lakes to begin IT A school this month.

"Combining the two ratings offers the Fleet a more efficient Information Technology workforce to successfully complete the mission," said Brandt. "It will also allow us to streamline the training pipeline, ensuring our Sailors are getting the tools and opportunities they need to excel on the job, and in their careers."

The merger will be phased in over the next three years as billets are converted over for eligible CTOs. Those in paygrades E1 to E4 do not require any additional formal training, but Sailors in paygrades E5 to E9 will receive system specific and orientation training required for future assignment via C schools en route to their next commands.

For more information, visit the Center for Cryptology and Center for Information Technology pages on Navy Knowledge Online at www.nko.navy.mil

News Briefs

Instructors needed

Central Texas College-Sigonella is seeking applications for classroom instructors in the following fields:

•Criminal Justice, Early Childhood Professions, Emergency Medical Technology, Food Services Management, Paralegal Studies, Fire Sciences, Automotive Technology and Applied Management.

If you have education and experience in one of these fields, please stop by the CTC office or contact your local representative.

DSN 624-4306 or CIV 0039 (0)95-56-4306

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www.europa.ctcd.edu
Central Texas College is an equal opportunity employer.

2004

Navy Ball

The 2004 Navy Ball will be held on Oct. 16 at the Catania Sheraton. Tickets will be sold through your departmental Navy Ball representative. Tickets are now also on sale at Commissary/DECA. Cocktails and Photos will be at 5:30 p.m. followed by the Ceremony and Dinner at 6:30 p.m. The uniform will be Dinner Dress Blues. Tickets prices are according to rank: E1-E4/GS1-4/UA7-9/UC7-10: \$20, E5-E6/GS5/UA1-6/UC5-6: \$35, E7-O3/GS6-11/UA1S: \$45, O4+/GS12+: \$60.

Mommy and Me playgroup

The "Mommy & Me" playgroup is back! The playgroup meets each Wednesday at the CDC in the 205 housing center from 10 a.m. to 11 a.m. Moms and dads are welcome to bring their children, ages infant to four years, for a fun time playing and interacting with others. For more information please contact Martha at 624-3712.

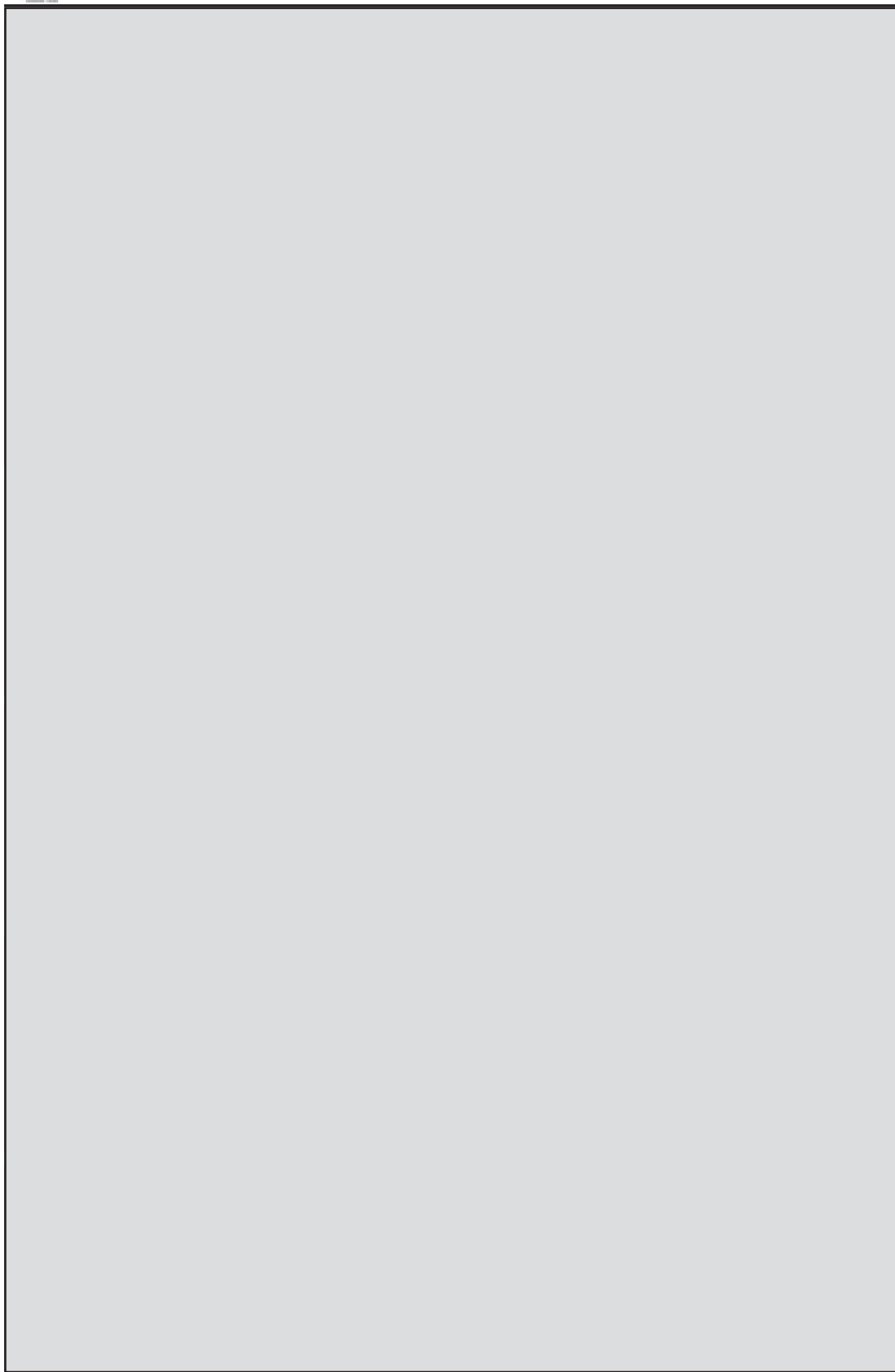
Women's Enrichment Group

Sponsored by FFSC. A time limited, structured, process oriented approach to self-esteem, self-empowerment, and boundaries impacting social and work place functioning.

Criteria: Women, AD and FM that have experienced past abuse that interferes with their ability to function successfully in relationships, and current life situations. Time Frame: Oct. 29 to Dec. 3. Duration: Six weeks, meeting Friday afternoons.

For further information or to sign up please contact HM2 Sarani at 624-4840 or Ms. Walker at 624-4291.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMUNITY CALENDAR					1 Sept. International Dine-Out ITT Call 624-4777	2 Etna Off-Road ITT Call 624-4777
3 Cefalu & Castelbuono ITT Call 624-4777	4 CFC Kickoff Event Front of NEX 7-Day store. NAS II 10:30 a.m.	5 Health Pregnancy, Healty Baby Course Red Cross 4:15-7:15 p.m. Call 624-4900	6	7	8 Oct. Hispanic Heritage Luncheon 11 a.m. NAS I Chapel Potluck event Call 624-5924	9 Columbus Day Weekend Bungalow Trip Lipari and Aeolians Call AU at 624-4271
10 Zafferana Octoberfest All day Call 095730622 or 0957306266 or 0957306255	11 Columbus Day	12 Red Cross volunteer orientation 10 - 11:30 a.m. Call 624-4900	13	14	15 Hispanic Heritage Month Fashion Show 5 p.m. DoDDs multipurpose room	16 Navy Ball See your Navy Ball command rep. for ticket information
17 Wine Tasting & Grape Harvest at Winery & Ottobrata Festival ITT Call 624-4777	18 Budget for Baby Red Cross 9:30 a.m. - 12 p.m. ICR Conf. Rm. Call 624-4900	19 Health Pregnancy, Healthy Baby Course Red Cross 4:15-7:15 p.m. Call 624-4900	20 Babysitter Training Red Cross 9 a.m. - 4 p.m. Call 624-4900	21 Photo Safari Meeting 4:30 - 5:30 p.m. Old Teen Center Call 624-4396	22 Palermo Baroque & Shopping ITT Call 624-4777	23 Youth CPR Day Red Cross 9 a.m. - 1:30 p.m. Call 624-4900
Sat., Oct. 2		Sun., Oct. 3		Mon., Oct. 4		Tues., Oct. 5
Fri., Oct. 1 Stop singing in the shower. Show your friends what you've got. Stop by Jox Sports Bar at 8 p.m. for their Karaoke night.		Visit the quaint town of Castelbuono, famous for its castle and good restaurants, where you'll stop for lunch. Then, stroll the beautiful coastal city of Cefalu, the cathedral, lungomare and medieval washhouse. Call ITT at 624-4777 for more information.		Stop by the Crater Pub for some BINGO action. Games starts at 6:30 p.m. and cards go on sale at 5:30 p.m. Win big cash prizes.		Join the Aerobics Instructor Training class. Enjoy a flexible schedule and dependable profession as an aerobics instructor. Participants could earn in-house certification for group exercise in many areas. Sign up at the NAS I Gym.





By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Fall festival in Zafferana

Make sure you attend *Ottobrara*, an amazing fall festival featuring Sicilian food booths, (piazza Umberto), arts and crafts stalls (piazza della Regione) and entertainment throughout the day.

The *sagra* (festival) takes place in downtown Zafferana on Oct. 3, 10, 17, 24 and 31. Zafferana is a beautiful town in the eastern slopes of Mt. Etna whose name derives from the Arabic word *za faran* (yellow) for its proximity to woods rich in yellowish saffron and brooms.

Discover fresh local produce by eating at the numerous food booths selling honey, wine, grape, chestnuts, mushrooms, ricotta cheese, pistachio, apples, jam, fruit, and sweets. Local bars will also prepare the delicious *Siciliana*, a fried *calzone* filled with *tuma* (cheese) and either anchovies or ham.

Don't miss the flag wavers on Oct. 3 at 8 p.m. and the folklore shows on Oct. 10 and 24 at 9 p.m. in piazza Umberto. Other activities will include trips to local historic and naturalistic sites and exhibitions, presented by hundreds of local artists and craftsmen, that will be displayed for you to browse or purchase.

For more information and detailed schedule call the Catania Province Tourist Office at 095-7306211 or the Zafferana Tourist Bureau at 095-7082825.

Picasso etchings on display in Acicastello



An exhibition presenting about 40 of Pablo Picasso's etchings, lithographs and linocut prints is currently hosted at the Acicastello castle through Oct. 17.

This exhibition presents about 40 fine etchings, lithographs and linocut prints by twentieth century Spanish artist Pablo Picasso (1881-1973). The exhibition "Picasso, the Etcher" focuses on the last period of Picasso's long and productive printmaking career. The Spanish superb draftsman became strongly interested in printmaking in the course of his adult life experimenting it at the Atelier Mourlot in Paris and creating some of his best lithographs, aquatints and linocuts. Overall, Picasso published over 2,000 prints. Among the subjects are reinterpretations of works by Cranach, Delacroix, Rembrandt, Velasquez and

Manet as well as parents, wives, and mistresses, (who often appear as performers set in circus scenes), Mythological series (Minotaur), bacchanals, bullfights and still life.

As Georges Bloch, the cataloguer of Picasso's prints Georges Bloch commented: "Picasso is truly revealed by following the genesis of his work from one date to another. All his phases and styles, which we use as landmarks, are in reality only successive stages of a continuity that constitutes the phenomenon of Picasso."

The cost of a ticket is • 5,00; Children aged 7 / 10 pay 50 cents; admission is free for seniors aged 60 and older, and for children aged 1/6. The exhibition is open daily from 9 a.m. to 1:30 p.m. and 3 to 6:30 p.m. through Oct. 17.

For exhibition information, to schedule an adult or student group visit call 095-271026.

Castle History

After you see the exhibition, don't forget to enjoy the *Castello Normanno* (Norman Castle). Its superb position and stunning views over the Catania coastline, the *Faraglioni* and the Lachea Island make it well worth a visit. This amazing lava stone *castello* is nestled atop a rocky cliff overlooking the sea. During the Roman and Greek eras, the castle played an important role in the area for many centuries as its strategic location was essential for the control of the ships sailing towards the Straits of Messina.

Little now remains of the ancient fortification, probably because according to Dr. Daniela Midolo, the Arabs destroyed all the existing coastal strongholds when they took control of the area in 902 AD. According to some historians, Caliph *Al Moez* built a new castle on the same spot in 909 AD. It was included in a chain of fortifications to guard the coast.

Historians believe that the Castle that stands today featuring amazing gothic arches was built in the late 11th century when Sicily fell into the hands of Norman nobles Robert Guiscard and Roger de Hauteville. The castle was later put under the jurisdiction of the Catania bishops. In 1126, a historic event took place at the castle. The relics of *Sant'Agata*, Catania's patron saint, were brought back from Constantinople. Today,



The magnificent medieval *Castello Normanno* (Norman Castle) offers visitors an opportunity to step back in time and into a page of Sicily's history as well as breathtaking views of the Catania coastline.

it is still possible to see part of the fresco, which is unfortunately in bad condition, depicting the delivery of the saint's remains to Bishop Maurizio. In 1126, during a terrible eruption, a stream of lava reached the cliff that was isolated by the sea and when it cooled and hardened it filled the gap between the rock and the mainland.

From the end of the 13th century until 1416, the Castle witnessed a harsh war between the Angevins and the Aragonese for the possession of Sicily. Over the centuries, the *castello* was the seat of several Spanish viceroys and noblemen. In the 16th century was even turned into a prison. The castle was severely damaged by two earthquakes that occurred in 1693 and 1818. At the beginning of the 20th century, it became a depot for household goods and later, during WWII, a cave in the rock was used as an air-raid shelter.

Today, the castle's rooms are used as a conference center, music and art exhibition halls. Since 1985, the castle also houses a small museum featuring archaeological findings, fossils and minerals.

SCHOOL NEWS

Stephen Decatur School new teacher profiles



Amy Franz

Franz is not new to the DoDEA school system. She moved to Sigonella from Sasebo, Japan, where she was an elementary school teacher. Franz is a third-grade teacher at Stephen Decatur Elementary School. Her first impression of Sicily: "It's fascinating! I have been enjoying learning about the architectural and archeological sites on the island."



Bernadine Camuso

New to the DoDEA system, Camuso moved to Sigonella from Staten Island, NY. Camuso is the sixth grade team leader and she teaches sixth grade Social Studies at Stephen Decatur Middle School. Her first impression of Sicily: "The people are friendly and I love being surrounded by such interesting historical places. I am looking forward to seeing the places that I have read and taught about in history books."



Philip Andre

Andre is new to the DoDEA school system and moved to Sigonella from Tecumseh, Mich. Andre teaches Algebra II sequence to the tenth grade classes as well as Algebra I class and Algebra II Lab at the Stephen Decatur High School. His first impression of Sicily: "My wife and I are liking Sicily very much. We enjoy the food and the weather."

Girl Scout interest nights

Crafts, songs, fun and answers to all your questions!

October 5 & 6

(Choose which works best for you)

5 p.m.-6 p.m.

*Stephen Decatur
Elementary School
Cafeteria*

Adults: Find out what Girl Scouts is all about, consider volunteering and register your daughter!

Girls: Come do a sample activity to see what you might do in your troop! All girls in grades K-12 are welcome!

If you miss us and want to register your child or volunteer, you can call Alesa Parker at 624-1349 or e-mail her at sig_gs_registrar@yahoo.com.

MWR Mark Your Calendar

Catania Shuttle

Fridays & Saturdays; 8 pm - 2:30 am

Hop the shuttle to the heart of Catania for shopping, great restaurants and sightseeing. The shuttle will pick you up at Take 5 or NAS I (gate), drop you off in Catania at Elephant Square and return you. Buses run about every 90 minutes. Call X2034 for shuttle information.

Crater Pub

Bingo every Monday

We're giving away cash prizes, from \$75 - \$4,000, and door prizes. Cards go on sale 5:30 pm. Bingo starts 6:30 pm. Over \$ 1,400 in cash given away every week. THREE JACKPOTS: Super \$1,500, Stairs to success (up to \$ 4,000) and Bonanza progressive.

Latino & Merengue

Saturday, Oct 2; 8 pm - 1 am

The DJ will be spinning Hot ~ Hot ~ Salsa and Latino music. There'll be complimentary hors d'oeuvres, a dance contest, drink specials and Loretta & Letizia will be dancing for you!

Make extra \$\$\$ as a sports official. Call X3242 for info.

4th Annual Sigonella Open Golf Championships

Individual Play Golf Challenge

Saturday, Oct 16 II Picciolo Golf Club

Tee time 9 am; Captain's Cup Event

\$15 entry fee + greens fee

Tee up and earn points for your command! Lunch and awards are included. Players must have a USGA handicap.

Boys and Girls Club of America - Free!

ABLE (Actively Becoming Leaders of Excellence) Keystone Club: Meetings and events TBA. Visit the Teen Center for more info.

Teens

Siracusa Mall Saturday, Oct 9;

9 am - 3 pm

Shop 'til you drop! Free transportation. Bring euro for shopping. Permission slips due Thursday, October 7.

Chinese Restaurant in Catania

Friday, Oct 15; 7 - 11 pm

Chow down and hang out with your friends. Free transportation. Bring euro for food. Permission slips due Wednesday, October 13.

Library VHS Tape Donations

Don't throw away your old VHS cassettes just because you're switching over to DVDs! Help build up the video collection at the Library.

Preschool Story Time Wednesdays at 10am

Adventures Unlimited

Marzamemi Fishing Trip - Oct 16; \$75, includes a seafood lunch

Vulcano Island - Oct 23; \$35/adults, \$20/4-10, free/0-3

Jox Football Match

Guess the exact final score and win a \$100 Party Coupon. FREE to play.

Military Fares

Roundtrip from Catania to most U.S. cities starting at \$495. Locations include PHIL-MIAMI-DFW-CHICAGO-LAX-SAN DIEGO. Blackout dates 12 Dec-10 Jan. Stop by Leisure Travel FML

Movie Schedule

Oct. 1 through Oct. 7

Movie Hotline X4242 Theater X4216

Due to the mail situation, some movie(s) may not be playing on their scheduled dates.

Friday, October 1

3 pm Princess Diaries 2: The Royal Engagement (G) 113 min-SP
6 pm Alien VS Predator (PG13) 101
8:30 pm The Bourne Supremacy (PG13) 109 min
11 pm The Manchurian Candidate (R) 130 min

Saturday, October 2

1 pm YU-GI-OH! (PG) 90 min
3 pm Sky Captain and the World of Tomorrow (PG) 107 min-SP
6 pm Catwoman (PG13) 105 min
8:30 pm Little Black Book (PG13) 107 min
11 pm Collateral (R) 120 min

Sunday, October 3

1 pm Princess Diaries 2: The Royal Engagement (G) 113 min
3 pm Thunderbirds (PG) 95 min
6 pm Alien VS Predator (PG13) 101 min

Monday, October 4

6 pm Sky Captain and the World of Tomorrow (PG) 107 min
8:30 pm Harold and Kumar go to White Castle (R) 87 min-LS

Tuesday, October 5

THEATER IS CLOSED ON TUESDAYS

Wednesday, October 6

3 pm YU-GI-OH! (PG) 90 min
6 pm Catwoman (PG13) 105 min-LS
8:30 pm The Manchurian Candidate (R) 130 min

Thursday, October 7

6 pm The Bourne Supremacy (PG13) 109 min-LS
8:30 pm Collateral (R) 120 min

Note: Concession closes 30 minutes after the last movie begins.

Free Admission Night - Monday, Oct. 18

Bellini Opera 2004 autumn season is here!

Tickets go on sale at ITT Monday, October 18

La Sonnambula By Bellini Vincenzo

First Showing: Saturday, November 16 at 8:30pm. \$39/person for box seats; semi-formal attire required. Transportation not included.

SPORTS

SDS Varsity Boys Volleyball
(Sept. 25)
Lost 3 matches to 0 to AOSR
Won 3 matches to 0 over Livorno*
*counts for league standings.

SDS Varsity Girls Volleyball
(Sept. 25)
Won 3 matches to 0 over AOSR
Won 3 matches to 0 over Livorno*
*counts for league standings.

Sigonella football Jaguars best Brussels Brigands

Story and Photos by
JO2 Steve Weaver
Staff Writer

The Naval Air Station Sigonella Stephen Decatur School varsity football Jaguars bested the Brussels Brigands Saturday 29-27 on the NAS I Land Annex.

The Jags played equally well on offense and defense to pull out their first win and their first win in their conference.

The scoring started off, though, not by the offense but by the Jaguars' defense. After Brussels drove from their own 40 yard line, mostly on runs by the slight but quick running

back Michael Hebing, down to the Jags 34 yard line, safety Dustin Sampson intercepted a pass from Brussels quarterback Matthew Parker at about the Brussels 25 and took it to paydirt for a Jags 7-0 lead, after kicker Andrew Eddleman's extra point.

Brussels would get revenge on the next series in the second quarter. They took to the ground, driving from their own 20 on runs by Parker, Hebing, running back Eric Popp and receiver Lonnie Ruffin, who scored from 8 yards out to bring about the 7-7 tie.

Not to be outdone, Sigonella drove down the field on the next series, scoring on a wonderful 32-yard play-action pass from quarterback K.J. Jones to wide receiver Adam Presnell. The extra point was no good and the score stood 13-7.

The Brigands' response would be quick. Ruffin received the kickoff and scorched the field as he took it about 70 yards for a touchdown. The extra point by Quinn Logan was good as Brussels took the lead 14-13.

The Jaguars gave the ball right back to Brussels on the next series. A toss from Jones to running back Mike Petty ended up on the turf and then in the hands of a Brigand at the 50. Sampson said "not in my house" as he intercepted another pass on the Brigands' next series at the Jags 15 yard line.

After a penalty driving Sigonella back to their own seven yard line, Jones dropped back to pass and was stripped of the ball in the endzone where a Brigand recovered and scored the touchdown. The extra point left the score at 21-13 Brigands at the half.

After a great return by Petty to the Brigands 30, which can back due to a penalty, runs by running back Jade Garth and slotback Darnell Huey brought the Jags to the Brigands 25. Petty would fumble at the 22 yard line, giving the ball back to Brussels. Brussels would give the ball back after Parker fumbled on his own 24 on the next series.

The Jags took over after the punt at about the 50-yard line. Big Jade Garth rumbled on two runs down to the Brigands 28-yard line. Jones



Running back B.J. Washington tries to break loose from a Brigands defender.



Running back Jade Garth runs for a first down during the Jaguar's 29-27 win over the visiting Brussels Brigands last Saturday.



Safety Dustin Sampson picks off his first of two interception during play last Saturday.



would take the next two and run to the 19. After two more runs by Garth and one by Sampson, the Jags found themselves in a sticky situation on the 14 yard line after a pitch to running back B.J. Washington was fumbled, bringing up fourth down. Sigonella scored on the subsequent fourth-down pass from Jones to Petty. After Garth barreled in for the two-point conversion, the score was tied at 21 with 2:51 left in the third.

It was Ruffin time again as he took the kickoff in for about an 80-yard touchdown. The extra point, which appeared to be tipped, sailed wide left. The score stood at 27-21 Brussels with 2:33 left in the third quarter.

Taking over on their own 40-yard line, the Jaguars ran their way to their next score. Garth, Petty and Sampson got the ball down to the Brigands three-yard line where Jones scored on a bootleg. Garth would bowl a strike for the two-point conversion. Sigonella took the lead 29-27.

The Jags defense took over, denying Brussels an answer. B.J. Washington picked off Parker on the Brigands next two series, sealing the victory. Jags win 29-27.

The Jags were happy to get this conference win. "It felt really good," Washington said. "I've been wanting to beat Brussels." Washington, who had two interceptions, guaranteed even better defensive action against their next opponent.

Garth, who sat out game one due to a thigh injury, said the coaches "stressed how important this win was and how it was a conference game...If we didn't get this win it was over. We just kept focus on that the whole week. We came out here, executed well and had a good game."

Head Coach Fred Wilmot said the teams matched up well, but both had problems. "It was a sloppy game not because of the field, it was more making mistakes and getting penalized," Wilmot said. "That sort of thing went back and forth."

"This week we're going to work on avoiding the mistakes that we made today...trying to correct all of that," Wilmot said. "But we've got a higher level to start from this week."

The Jaguars secured a spot in the playoffs with this win. They will be on the road against Vincenza and Alconbury and then will return for their homecoming game on Oct. 16 against AF North. "If we beat them that puts us on top of the conference."

Let the games begin



Kids enjoy a game out in the sun on the soccer field during the first day of MWR fall youth soccer.

By JO2 Mark Richardson
Staff Writer

There was no time for cartoons or sleeping in Sept. 25 at Naval Air Station Sigonella (NASSIG), as soccer moms and dads and kids got up early for the kickoff of the Morale Welfare and Recreation (MWR) fall youth soccer league.

The youth soccer league, now in its 15th year, has 268 kids participating this fall.

The day began with the teams gathering in the community-building parking lot to line up for the opening ceremony and parade where they marched to the Stephen Decatur School soccer field.

With moms and dads looking on, the teams carrying banners proudly displaying their name and wearing their new soccer uniforms, marched their way to the field.

Following the benediction by Chaplain Tim Moore and opening remarks by Capt. Joe Stuyvesant, NASSIG commanding officer, the teams were introduced by MWR Youth Sports Coordinator Stacy Greer.

After the team introductions the Parents and Coaches Pledge of Ethics were recited, reminding adults that the

league isn't about winning or losing but instilling values in the children who take part. "We focus on just playing. We don't focus on the competition aspect of it. We don't keep records, we don't keep standings. We set it up so all the kids get to play each other at least once. Sports are an opportunity for people to learn about life lessons. They spend time practicing, they learn from their coach. They learn skills so that when they're put in a situation where they're being challenged they can use their skills and try to overcome that challenge and that's what we focus on teaching on the kids," MWR Athletic Director Gerry Morris said.

Sybil Moulton, whose six-year-old daughter Bailey plays, said the league greatly benefits the kids who participate. "I think it's great. It's something that builds teamwork and teaches them how to play together," Moulton said. "It also allows them to make new friends and meet new people."

Besides soccer, MWR offers youth programs in flag football, basketball, baseball, swimming, and cheerleading.

The Lane

3-on-3 Tourney

Test your offense and defense on the court. The tournament takes place on Nov. 20 from 10 a.m. to 4 p.m. at the NAS I Gym. Awards to be given to top three finishers. A maximum of four players are allowed on each team. Sign up by Nov. 8 at either Fitness Center.

Thanksgiving Swim-it-Off

Takes place Nov. 29 at the NAS II Swimming Pool. Swim off your turkey and the rest of your Thanksgiving dinner. Prizes for most laps in one hour. Call 624-5335 for more information.

Raquetball Challenge

Play starts Oct. 18 at 11 a.m. and 11:45 a.m. Sign up at either Fitness Center by Oct. 13. Heat up your game with fun. Awards will be given to the top three finishers in each league.

Call 624-5238 for more information.

Sigonella Fright Factor

Oct. 29 at 4 p.m. at Autumn Fest. Test your will and stomach for big prizes. Sign up your two-person team at either the Autumn Fest meeting or the main stage the day of the event. Call 624-4301 for more information.



In memory of Irl



The Military Working Dog (MWD) kennels with the Naval Air Station Sigonella Security Department lost a dedicated 7 1/2-year old German Shepherd named Irl (pronounced Earl) on Sept. 22. Irl served as a explosives detection/patrol dog at NASSIG for years. His last handler was MA2 Michelle Mruk. Irl died of complications from a heart tumor.

Fire prevention from page 1

include training on the proper use of a fire extinguisher and instruction on developing home escape routes in the event of fire.

"We're going to have a raffle for kids, among other activities, for first through sixth grade...a spaghetti dinner at NAS I...and local fire department exhibits," Mason said. The sponsors of the week's raffle drawing include the Navy Federal Credit Union, NASSIG CPO Association, MWR, Commissary, NASSIG Signature/PAO, NASSIG Security, NASSIG Chaplin and the Carabinieri."

The week's festivities will be concluded with a grand finale whereby distinguished visitors from the local community will visit NAS I and live fire and rescue exhibits will be demonstrated. Opening ceremonies will be held at the command chapel while the remaining events will be held in the parking area in front of the NAS I library and community buildings. "There's going to be a display of numerous fire fighting vehicles from the U.S. and Italian military as well as the local community," Mason said. "There will also be a rescue simulation...a simulation of airbag inflation system...a live fire extinguishment using portable extinguishers...a vehicle fire extinguishment...and a demonstration of a high-jet spray bazooka."

In preparation for the week's grand finale on Oct. 8, the parking area adjoining the library and community buildings at NAS I will be secured after 4 p.m. for the large-scale exhibits that will be on display on Saturday.

Mason encourages everyone to come out and encourage the U.S. and Italian fire departments and local emergency organizations. "Come by, show your support and see the different techniques we use for fire fighting," Mason said. "Sparky will be there [too]"

Fire Prevention Week Schedule of Events

Monday, Oct. 3

8:45 a.m. - 2 p.m.: NAS I - NASSIG Fire Department visits Child Development Center and DOD school. Fire Escape Route Raffle Drawing Entries (Kids in grades 1 through 6) 9 a.m. - 11 a.m.: NAS II - NASSIG Fire Department fire extinguishing demonstration on live fire (All Hands welcome) 9 a.m. - 11 a.m.: Mineo - Home care providers visits to fire station (children welcome)

Tuesday, Oct. 4

8:45 a.m. - 2 p.m.: NAS I - NASSIG Fire Department visits Child Development Center and DOD school. Fire Escape Route Raffle Drawing Entries (Kids in grades 1 through 6) 9 a.m. - 11 a.m.: NAS II - NASSIG Fire Department fire extinguishing demonstration (All Hands welcome) 9 a.m. - 11 a.m.: Mineo - Home care providers visits to fire station

Wednesday, Oct. 5

10 a.m.: NAS I - Briefing for office personnel concerning proper fire extinguisher usage at fire station 9:30 a.m. - 11 a.m.: Marinai I - NAS II Fire truck visits Marinai I to educate home care providers and children on fire prevention 9 a.m. - 11 a.m.: Mineo - Home care providers visits to fire station 6 p.m.: 205 Housing - Child development and home care providers hands-on training

Thursday, Oct. 6

8:45 a.m. - 2 p.m.: NAS I - NASSIG Fire Department visits Child Development Center and DOD school 9 a.m. - 11 a.m.: Mineo - Home care providers visits to fire station

Friday, Oct. 7

1 p.m.: NAS I Fire department personnel visits DOD school to conduct raffle drawing for kids in grades 1-6 9 a.m. - 11 a.m.: Mineo - Home care providers visits to fire station 4 p.m. - 9 p.m.: Spaghetti Dinner at NAS I fire station; \$5.00/\$3.00 (kids up to age 12). Dinner includes beverage drink and family entertainment. Call ABH1 Dennis Yanaz at 335 606 5838 for tickets. Tickets available at the door. Take-out orders accepted.

Saturday, Oct. 8

All Day: NAS I Grand Finale Events for Fire Prevention Week



COC from page 1

received Commander, Naval Forces Europe Retention Excellence Award for three consecutive years. Furthermore, Garner expanded Women's Services at the Flight Line Clinic and the Branch Medical Clinic of Souda Bay, Crete, thereby reducing the need for consultations and transferring patients to other military Medical Treatment Facilities.

Bozin welcomed the new CO, D'Alessandro to Sigonella by stating, "You are no stranger to the Mediterranean having served at the U.S. Naval Hospital in Rota, Spain." "I know that Naval Hospital Sigonella will continue to provide exceptional and excellent medical care under your expert leadership and I look forward to working with you," remarked Bozin. D'Alessandro comes to Naval Hospital Sigonella after serving as Executive Officer (XO) of Naval Operational Medicine Institute in Pensacola, Fla.

Garner remarked "I owe a special thanks to the staff of men and women of U.S. Naval Hospital Sigonella, the Flight Line Clinic and Branch Medical Clinics of Souda Bay, Crete, and Bahrain." He stated that his award for Legion of Merit "was earned by you the staff and it represents what this team achieved during the past three years." "Your extraordinary efforts and accomplishments enabled this command to do its mission of Force Health Protection during the war on terrorism, providing outstanding medical support to the war fighters and excellent family-centered healthcare for our military families."

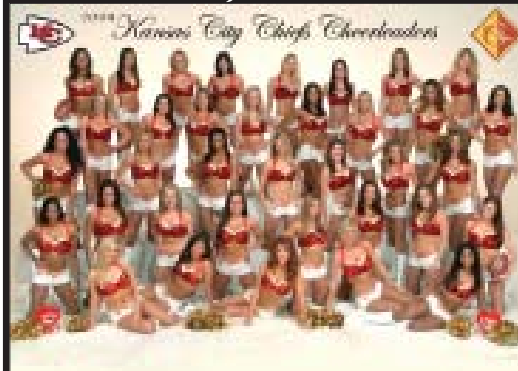
Garner thanked the medical staff of Naval Hospital Sigonella and Branch Medical Clinics for their support during Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). He went on to remark "in Bahrain and Souda Bay and here in Sigonella our command did superbly providing Force

Healthcare Protection and providing significant medical support to the Fifth and Sixth fleets and the operational forces deployed across the two areas of responsibility during OIF and OEF. During this period two thirds of the U.S. Navy's ships were deployed in the South Mediterranean Sea and in the Arabian Sea and when the war fighters called for medical and dental assistance, you the staff consistently responded with 'How can we help?'" said Garner. He went on to state, "You always figured it out and did the right thing and you never asked my permission or that of the XO often, you knew the right thing to do."

Garner thanked the staff of Naval Hospital Sigonella and the branch medical clinics for making his tour a wonderful experience and successful endeavor for both him and his wife Shirley. He remarked, "it has been an honor to serve as your CO, and I will remember what we accomplished with fondness and enough memories to last a lifetime."

The formal reading of orders for the change of command were read by the officer being relieved, Capt. Garner, and by the relieving officer, Capt. D'Alessandro. D'Alessandro expressed his appreciation to his parents for attending the ceremony and thanked them for being extremely positive role models. The new CO stated that he would "lead the hospital in the mission of Force Health Protection directly in line with Rear Adm. Bozin's requirements. As we navigate the course of transition we have a great opportunity and we must take charge of our destiny and strengthen the role of Naval Hospital Sigonella as a strategic necessity providing fleet operational support and providing high quality healthcare in the most efficient way possible," said D'Alessandro.

N-A-S-S-I-G, Goooo NASSIG!



Meet the Kansas City Chiefs cheerleaders Monday at Jox Sports Bar at 8 p.m.

Special Triathletes

Two young Sigonellans compete with the best in triathlon

By Gregory Volz

Tri-athletes began arriving at the Naval Air Station Sigonella (NASSIG) Pool on Sept. 18 at 8 a.m., burdened with bicycles, helmets, swimsuits, goggles, running shorts, and shoes for the annual Sprint Triathlon which included a 500-meter swim, a 12-mile bike ride and a 3.1-mile run.

Many seasoned athletes arrived to participate, including the eventual winner, Luca Marra, an Italian Navy pilot who finished his first Ironman Triathlon in Austria in 10 hours, 21 minutes this past June. Among this group of high-energy athletes, \$3000

bicycles and shaved bodies walked two young newcomers to the sport, Chelsea LeMieux and Rebecca Smith. Chelsea, age 13, and Rebecca, age 12, were lining up to do the entire race on their own. Having trained together for run-only races for the past two years, they started training for the triathlon two months before and were ready for what lay ahead.

Escorted to the pool by their families, the girls were "marked" for identification with their respective race number on their arm and leg and they nervously waited their turn to begin the swim. Finally, the race began with the challenging swim section, which was

made more difficult for Chelsea because of swimsuit problems.

She had a two-minute delay while her nervous mother fumbled to make the necessary repairs. Rebecca, not accustomed to swimming 500 meters, had challenges of her own but made it out of the water to the cheers of all the spectators. Drying off, the girls slipped on their bicycling shorts, helmets, and shoes and ran to their waiting bicycles.

The girls pedaled off toward the NAS II gate with Rebecca's father, Tom Smith, escorting them the entire 12 miles. Having trained several times with the girls, Smith was familiar with their previous times, and he called out progress reports along the way. Smith's neighbor, Kieran Fitzpatrick, had recently completed the triathlon in 1:35. The girls' goal was to beat Fitzpatrick's time. However, this would be a tall order, since their best time in previous training attempts was over two hours.

The bike segment of the triathlon would take Chelsea and Rebecca out NAS II gate toward NAS I for six miles where they would turn and ride back to NAS II creating the 12-mile bike ride. "The girls struggled against a fierce headwind the first-half of the bike ride," Smith said. "Heading back to the base, they enjoyed a gentle tailwind." Smith continued calling off



Rebecca Smith and Chelsea LeMieux pedal their way down a Sicilian road during the bicycle portion of the triathlon.

time-splits and quickly calculated how fast the girls would have to run the 3.1 miles to reach their new goal.

Ten months earlier, both girls finished in the top three of the women's division in the 6.2 mile Morale Welfare and Recreation Jingle Bell Run in torrential rain and cold temperatures. Although accustomed to the discipline, training, and pain required for successful finishes, whether it's half-mile sprint, six-mile run, or a triathlon, Chelsea and Rebecca were beginning to feel the stress. With only two miles to go on the bike, the girls only wanted to get off and run, where they are both outstanding athletes.

Chelsea and Rebecca could hear the spectators screaming for them even before they rounded the final corner to the pool. Standing on their pedals and eager to start running, they raced through the end of the cycling leg. With cheers from the fans, they hopped off their bikes, took off their helmets and off they ran into the final leg of the triathlon. Smith dismounted his bike and relinquished his duties to Steve LeMieux, who would escort Chelsea and Rebecca for the run portion of the triathlon.

The girls held to a steady pace the first half-mile, which allowed their legs to recover from the bike and get accustomed to running. Slowly they increased their

speed and by the end of the first mile, they were running at their usual pace and very happy to be out of the water and finished with the cycling... at least for today. "I called the time at mile one and could see the light go off for the girls," LeMieux said. "The girls realized they could actually reach their goal of beating 1:35." At the turnaround, they grabbed water and walked 50 meters while they drank. Encouraged by how good they felt and only 1.5 miles remaining, the girls opened it up, trying to keep pace with men on the course who were doing only the run segment on a relay team. Chelsea and Rebecca finished with a quarter-mile sprint to the cheers of their family and many supporting spectators... 1:32!!

The end of this race was only the beginning of yet another chapter for these two dedicated young ladies. Having proven their abilities time and again by accepting challenges from which most people shy away, it is hard to imagine these two young ladies are only 12 and 13. They are dedicated to their family, to their friendship and to themselves. Future goals for Chelsea and Rebecca include training for their first half-marathon.

Chelsea and Rebecca — Congratulations on your first Triathlon!!



Rebecca Smith, 12, and Chelsea LeMieux, 13, competed in their first triathlon on Sept. 18. The girls competed against seasoned veterans of triathlons past.



Hispanic Heritage Month "Hispanic Americans: Enhancing the National Tapestry"

By Rachel Morken
Staff Writer

Last month America began celebrating the traditions, ancestry, and experiences of United States residents who trace their roots to Spain, Mexico, and the Spanish-speaking nations of Central America, South America, and the Caribbean.

The national observation of Hispanic Heritage began in 1968 as a weeklong national recognition of the culture and heritage as well as contributions of Hispanic Americans. In 1988 the celebration was extended to be a month long. The celebration began Sept. 15 because it is the anniversary of independence of five Latin American countries – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

This year's celebration also has special meaning for some families stationed in Sigonella. "It is good for [Hispanics] overseas to get together and remember who we are and talk about our background," stated Gracie Tercero.

As the fastest growing segment of the United States population, Hispanics are a crucial part of our nation's future. They have made important contributions in all areas including the arts, business, academia, government and the military.

"I feel proud to be a Hispanic because I have a rich culture to learn and live for. I celebrate the beauty of a mixture of races; Indian, Spanish and African that put together make what we call a Puerto Rican. Our culture represents the best of those three races. From the Spanish the language, from the Africans the rhythm and from the Indian our strong spirit," declared Eva Aponte, "I think it is important that other people get to know who [Hispanics] really are and why we do things differently. Also, it is a way to educate people, to open up and show that not all Hispanics

come from the same place, but all together we constitute the Hispanic culture."

Admiral Horacio Rivera became the first Hispanic four-star Admiral in 1979, and later served as Vice Chief of Naval Operations. Edward Hidalgo held the position of Secretary of the Navy. During this time he committed millions of dollars to television advertising campaigns and new recruiting techniques to attract Hispanic youth to the Navy.

Hispanics have received the highest honors to date in the United States Navy. As of 1990, six ships and three active submarines have been named for Hispanics, including the nuclear-powered 688 class fast attack submarine, USS San Juan, named after the capital city of Puerto Rico.

"It's about embracing our traditions. Every culture is important and [heritage months] help people learn about other cultures." AS3 Ivangi Feliciano said.

Today there are more than 30,000 active duty Hispanic American sailors. Sigonella wants to show their appreciation for those stationed here by holding events this month in honor of what Hispanic Americans have done for our country. The opening luncheon will be held at the NAS 1 Chapel Fellowship Hall on Oct. 8, from 11 a.m. to 2 p.m. It is a potluck, so bring your favorite Hispanic entrée. Then on Oct. 15, at 5 p.m. in the multi-purpose room at Stephen Decatur, a fashion show will take place. Stephen Decatur is celebrating the occasion with a dance routine and song, and they will be announcing the winners of the essay contest. Show off your talents afterwards at the potluck.

If you are interested in volunteering or participating in these events contact NCC Kendall Dobison (x5924) or RPC Michael Petty (x4295).

Healthwatch from page 2

lower your cholesterol and keep it low:

1. Follow a low saturated fat and low cholesterol diet (eat plenty of high fiber foods such as fruit, vegetables and whole grains).

2. Be more physically active (example includes walking briskly for 30 minutes on most, and preferably all, days of the week. No time? Then break it up into three 10-minute walks per day).

3. Lose weight if you are overweight (even a 5 to 10 pound weight loss can help significantly).

For more information on cholesterol talk to your healthcare provider and see a dietitian for information on meal planning to lower cholesterol.

For more information see the web sites used for this article:

<http://hin.nhlbi.nih.gov/cholesterol/> and www.nhlbi.nih.gov/health/public/heart/cholesterol/what.htm

Cutting daily costs helps Navy mission

By JO2 Jennifer Franco
Staff Writer

Finding low-cost alternatives for common expenses can help families budget effectively and stretch paychecks to cover more expenses. And Naval Air Station Sigonella (NASSIG) is no exception.

"Just like personal budgeting, there's always money to save in Defense budgeting," Gary Markham, NASSIG Computer and Telecommunications director, said. Even seemingly small costs can add up quickly.

Focused on minimizing operational budgets, all NASSIG commands and personnel are encouraged to assist with reducing costs for phone service.

"We need everyone's help to cut day-to-day costs, so that we have resources to support our Sailors and meet the Navy's mission," said Commander Navy Region Europe (CNRE) Telephone Control Officer (TCO) Mike Chopard.

Telephone costs have been a steadily rising portion of the Navy's budget, according to Station Message Detail Recorder (SMDR). SMDR provides a chronological listing of all commercial calls through the control switch. Commands review their SMDR list to monitor telephone usage and enforce policies. This list signals TCOs about rising costs. "Every manager within their own organization needs to look at their [phone] usage to determine where savings might be achieved," Markham said.

"Part of the reason for these rising costs is that employees are unknowingly using high-cost calling options instead of available lower-cost options," Markham said. "For example, it is much better to use a LAN line than a cell phone when making calls on base."

"If everyone is aware of the best calling options,

and uses the lowest-cost option whenever possible," Chopard said, "We can reduce our telephone costs significantly and redistribute those savings to other high-priority programs."

In order to have more money to support the Navy's mission, people in the NASSIG areas should keep some guidelines in mind when making telephone calls.

Use Defense Switched Network (DSN) whenever possible for calls within the Department of Defense.

DSN is a worldwide telephone communications system providing non-secure voice communications for the Department of Defense (DOD) and certain non-DOD subscribers. Use of DSN is considerably less expensive than the use of commercial lines.

DOD sponsored telephones, including landlines and cell phones, are for official use.

Using command telecommunications equipment for purposes other than official military business constitutes fraud against the U.S. Government. Unauthorized use is prohibited and is subject to prosecution under the Uniform Code of Military Justice or other applicable criminal statutes.

Cell phones should be used only when not near a LAN line, such as working in a remote location. To minimize the possibility of non-permitted calls on cell phones, the Naval Computer and Telecommunications Station (COMSTA) customizes cell phones. "All cell phones are in a virtual private network," Markham said.

Using these simple and straightforward guidelines will help to reduce unnecessary costs, so the Navy can better support mission-critical functions. Before making a call, determine which call type will meet your needs and help support the Navy's mission.





The Signature

Anyone interested in sending ads via email should leave a phone number and point of contact name at sigsignature@yahoo.com.

Ads run for two weeks and are run on a space available basis and **must** be sponsored by active duty military members, family members or Italian National/American base employees.

Ads must be **40 words or less**. The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. If someone would like these types of services in The Signature they can call Jerry Boritzki @ 095-307-412 to pay for an advertisement.

Paid Ads

1998 Honda VTR 1000cc Firestorm, two cylinders, yellow, great condition. Asking \$4,200. Call Giacomo at 339-7748228.

1973 Fiat 500. Red color, great condition. Asking Euro 2,000. Call 338-7675206 or 095-7130141.

1968 Karmen Ghia For sale, metallic red convertible. An antique car collectors dream. Call Sharie 328-8222222.

Wanting to take a vacation but you have no place to leave your pet? Book your Pet-Sitter today. Call 347-7911051.

Taormina (Nord) Center - For rent: fully furnished new apartment in the center of Taormina, brand new kitchen, wash machine, living room, bedroom. Will rent for short or long periods. For more information call Silvia at 340-3571699 or 095-4031200.

1 APT in detached villa, located in Arcile. An exclusive private village near Brucoli. Ideal for singles or couples. 2BDR with AC-Sat-TV Patio - garden. American couple living in the same villa. Land-lord fluent in English. Price set by the housing office. Call 335-402208 or 348-3958228.

Automotive

1993 Alfa Romeo 164 V6 Turbo 2.0, metallic gray, full optional, leather interior, A/C, power windows, alloy wheels, very good condition. Asking euro 3,200. Call 348-2829357.

1983 Mercedes Benz 280 SE, V6 automatic transmission, draws 400 liters. PW, PS, ABS, sunroof, orig. AM/FM radio, tires, brakes and rotors - less than 4 months old. Asking \$3000. For more info contact Brian or Mia at 095-309593.

1993 Fiat Croma, manual transmission. PS, PW, CD player, A/C, draws 300 liters. Great reliable car. Asking \$2000. Call Brian or Mia at 095-309593.

Alfa 155 Grand Turismo GT 2500cc engine, leather interior, A/C, Ferrari red, and much more. Must see! Asking \$3,650. Call me on my cell 347-7585654. Ask for Joseph.

1997 Ford Explorer XLT, 4 door, fully loaded, leather, A/C, all PWR, cassette/CD player (six CD changer) - Excellent condition. Asking \$9,000 O.B.O. Call 335-474162.

1997 Fiat Marela, 4 door, A/C great car for driving into Catania and throughout Sicily. Asking \$4,500 O.B.O. Call 335-474162.

1989 Mercedes Benz 190, uses regular gasoline, 2000 cc, 150,000 km, 4 door, power steering, alarm, manual transmission, A/C, power windows, good condition. Asking \$2,000. Call Marco at 338-8907210.

1998 Ford Escort ZX2 automatic, 2 door, silver, A/C, AM/FM CD, excellent condition, 96k miles, original owner, asking \$4,000. Call Brian at 624-5430 or 348-3394295.

1993 Alpha Romeo 33, green, good condition mechanically and visually, 6-ecd changer, power windows, cover plates. \$2,200 O.B.O. Call 335-6127010.

1996 Rover 214 1400cc, engine in great condition, A/C, power locks, windows, metallic grey. Asking \$2,450. Call cell 338-2185499 ask for Joe.

1988 Maserati, asking \$1,000. Please call Kerry at 624-5189 for details.

1988 BMW 318i, 4dr, A/C, great island car. Available October 1st. \$1500.00 O.B.O. Please Call 095-306532 or 328-8062208.

1997 Volkswagen Jetta, 4DR, red, original owner, AFI tagged, automatic transmission 2.8 6 cylinder=300 liters. Re-painted in 2003. Loaded, cold A/C, moonroof, dual ABS. Runs great. Available after Sept 17. Call BMC Deal 0030-281-0323722 or 0030-694-5054816. After Sept. 20 call 349-8721682.

Audi 100, 2000cc, blue metallic, motor and body in good condition, air conditioning, 32,000 km original. Asking \$6,200. Call 339-4011979.

2001 Harley Wide Glide for sale. Kept in perfect shape, must see. Comes with a lot of spare parts. Asking \$14,000. Call or leave a message. Daniel 328-8464723.

1991 Ford Escort station wagon in good condition. Power windows, sunroof, AM/FM radio, roof-rack, new battery. Had only one previous owner, car was AFI plated in June. PCSing in Oct. NEED TO SELL ASAP!! Asking for \$1,700 O.B.O. For more information call 340-1099266 or 333-6088823 or work 624-2239/5261.

2001 Suzuki Marauder, US SPEC, only 4,900 miles, windshield, saddlebags, sissy bar, custom Cobra exhaust, passenger seat, lotsa chrome, cover, looks/sounds like HD, perfect condition. Asking \$4250 will negotiate. MUST SELL!! Call Wk. x3960 Hm x1283 (before 9 p.m. M-F) or Cell: 333-4231015.

1990 BMW 316i, excellent condition and reliable transportation, 5-speed manual transmission, new tires, safety inspected in July 2004. No A/C, no Radio, AFI plates. Available October. Asking \$1,800 Call: 347-6818669 or 624-0288 (night).

1990 Alpha Romeo American 75 turbo with race package for \$3800 O.B.O. If interested please call Larry on cell 333-501-4491 or x0679.

1992 Renault Cleo, metallic grey color, 5 doors, electric windows, radio, catalytic converter, inspection passed for 2 years, no a/c. Asking \$2000 O.B.O. Call 339-6385088.

1994 Alfa Romeo 155, 1.7 liter, 81,000 km, black, A/C, alloy wheels, rear spoiler, alarm system, power everything, great running car. Must see! Asking \$3900. Call 340-6003960.

2000 Fiat Palio, 1200cc, fire engine. Silver 2 door, 5 speed, A/C, power windows, power steering, ABS, power door locks,

alarm system, AM/FM/CD player. AFI plated, (cover tags) purchased new, excellent condition. Available September 21. Asking \$5000. Call Mike at 624-5357 or cell 335-6428257.

1994 Lancia Dedra Station Wagon, winter green, clean and well cared for. Safety inspected in August. Brand new tires and muffler. Runs strong and is very reliable. Roof rack and quality CD/radio. Asking \$3,000 negotiable. Call Chuck at x9201.

1992 Alfa Romeo T-Spark, black, 4-door, 5-speed, 1.8 liter, 184,000 km, power steering, power locks & windows w/ tinting, alarm, AM/FM/CD, cover plates. Good condition and reliable. Asking \$2,000 or best offer. Call Scott at 624-9284 (wk) or 340-9016043 (cell).

1999 Jeep Wrangler, oversized tires, 33" by 14", 4" suspension lift, 37,800 miles, good engine, good running condition. Asking \$8,750. Call Brandon at 348-9348326.

1993 Ford Aerostar Van. Seats 7. Automatic, runs good, looks OK. Safety inspection good. Asking \$1,700 O.B.O. Call Mike x5441 (work), x0346 (home).

1998 Alfa Romeo 156. Beautiful white, 1.8 liter Twin Spark, 4-wheel disc brake, auto climate control, CD with 6 speaker system, removable front face, new tires and brakes, only 38,000 miles, power d/b/s and windows, very well maintained. Asking \$9,500. Call 340-6742549.

2001 Alfa Romeo 156, 1.8 Twin Spark, brand new, 25K miles, full optional, leather interior, wide tires and 16" alloy wheels, A/C, radio W/cd/mp3 player, power windows, etc. Asking Euro 14,000. Please call 347-3384939.

1989 Mercedes Benz 190, uses regular gasoline, 2000 cc, 150,000 km, 4 door, power steering, alarm, manual transmission, A/C, power windows, good condition. Asking \$2,000. Call Marco at 338-8907210.

1995 BMW 525 TDS, very good condition. Checking out soon, asking \$5000. Call 339-8192710. Asking \$2000 OBO, Call 339-6385088.

Pets

Free to a good home 2 four-month-old Puppies. Female Black Lab and male Golden Retriever. Playful, friendly and Loving. Will separate if necessary. I'm moving on base and cannot take them with me. Call 338-8794575.



Send Il Mercato advertisements to sigosignature@yahoo.com

Got Max? Fun loving, family guy (10-month-old Lab mix) seeks fun-loving family for long walks, smuggling, playing outside, and LOTS of attention. I'm kennel trained and come with my kennel, leash, and collar. Call Kelly at (h) x0391 or (w) x6821.

Free to good home: four 5-month-old kittens, 3 male and 1 female. Very playful, sweet and loving. They have been hanging around my yard, I can't take them since I already have two cats. Please call 095-309593.

Free to good home: one-year-old female pure bred Siamese cat. All shots are current. Call 335-642-8251.

Loving Italian hunting dog needs good home. Full vet check, excellent health, 2 years old, short hair and petite. Excellent with children and other animals. Call 624-1318.

Free to a good home, female puppy 6 weeks old, mostly black with brown legs and a white patch on chest. Healthy and playful, needs attention. Call James at 348-9548326.

Free to good home black/white female cat 1 1/2 yrs old. Very friendly and loveable, declawed and spayed, needs to be kept inside. Call Jason or Christina 095-7912726 or 333-5735448.

Free to great home. 12, cuddly 1/2 German Rottweiler, 1/2 pit-bull puppies. 6 boys and 6 girls. Parents are available to see how docile these breeds can be. Born Sept. 1 and will be ready in about two weeks. Would like to select homes immediately. Call Cheri 333-7894981.

Free to good home! 12-week-old tan puppy, very cute! Not sure of breed. Very small with big ears. Cannot have pets in current home. Please call 095-308719.

For Sale

27" Magnavox TV \$150. Desk \$20. Call 624-1485.

Honey blonde colored entertainment center for sale. Paid \$279, will take \$75. Call Brian 339-2184123 (cell) or 624-1346 (home).

Entertainment center holds up to 32" TV, \$275; dual voltage microwave, \$50; 220V cordless phone, \$60; light gray sofa, \$75; 2 storage cabinets (3'X6' and 2'X6'), \$30 & \$40; wardrobe (4'X6'), \$50; 2 hanging light fixtures, \$30 ea; stand fan, \$15; 220V hair dryer, \$10. Call Mia at 095-309593.

Couch and loveseat, black and gray, great condition, both for \$150. Lexmark printer, \$20; Italian phone, \$8; 19" computer monitor, \$75; ergonomic keyboard, \$15; cordless mouse, \$20. Call x1553 or 339-3855994.

PowerVU digital satellite receiver, available now, excellent condition, asking \$450 OBO. Call Steve or Gary @ wk x5365 or 335-5789897 or x9896.

Sony Digital Camera for Sale. Mavica, MVC-CD1000. 20x zoom, uses CD-R's. Asking \$250. Call Ken at 095-306-428 or x4592.

PCSing? 3 Sony Ericsson cell phones. 2 T68i and 1 T68. New! Unused! Tri band. Color display. Only need chip. Retail for over \$130. \$80 each. All specs on Sony Ericsson website. Call Eddie Rojas x5150 or 340-5995700.

Free baby car seat for child of 9 months and up. Please call: 338-2735683.

For sale superior professional endermosonic system used for slimming and contouring. Reduces appearance of cellulite, full body exfoliation, lymphatic drainage, deep tissue massage and rehabilitation services. All supplies included. Call 624-1318.

Ashley dining room table with 6 chairs for \$75.00. Light hardwood table border with inlaid white tile (60 in. L x 36 in. W). Chairs are white and natural wood in color. Call 624-2821 or x1207.

Hi-Tech year round motorcycle apparel for sale. Black German made Motoport Challenger AX (100% waterproof/windproof/breathable with Aerotex membrane) riding jacket and pants made from Italian tylon with removable thermolite lining, body guard dual density armor and Scotchlite reflective piping (jacket never worn). Asking \$200. Call 624-2821 or x1207.

Vanson perforated leather riding jacket (size 44) Black and gray with body armor and Scotchlite reflective piping and patches. Jacket is in immaculate condition. Asking \$200.00. Call 624-2821 or x1207.

Klipsch KSW-12 subwoofer, like new, 200V only, \$150; Little Tikes motorized sports car, like new, \$60; Onkyo Receiver, perfect condition, \$150. Prices negotiable. Please call 624-0338.

Two tall 5 shelf book cases, like new \$20 each, 2 big wardrobes from Walmark, like new, paid \$100 each will sell for \$50 each. One tall 4 shelf book case \$15. 220 volt american coffee maker \$10. 220 volt toaster brand new \$10. Everything must go by OCT 7th!!! Moving back to the states. Please call 095-7131152 or 340-5432667 or 347-9455179.

4 New Ultralite Aluminum wheels and tires for Mini Cooper 13x7 deep dish, split rim style, with 4 Yokohama 175/50-13 tires. Lug nuts and center caps included. Wheels and tires are mounted and balanced, ready to install. For more info, contact Todd @ x6459 or 333-4046137.

220v dishwasher, \$225, excellent condition, only used 18 mos., orig. paid 400 euro. Accordion fold door \$30 fits 32" x 84.5" opening, dark brown, new, includes framing. 220v Fax machine \$25, used. Call 624-1349 or 338-7315228.

PS2 with 1 controller, USB keyboard, DVD remote, Gamesdark, and 11 Games. \$200 Call Jon at 333-6524852 or x0254.

Used Sofa and Love Seat. Black/Gold Stripe pattern fabric. Great starter furniture. Make me an offer. Call Jon at 333-6524852 or x0254.

Graco baby saucer seat, \$12; baby jumper seat (hanging), \$15; stair stepper, hydraulic, \$25; Ab Roller w/video, \$20. Call 347-2419882.

Sony notebook PC: 2.80Ghz Pentium 4 processor, 40GB hard drive, 15" TFT Display, 512MB RAM, 64MB Video Card, CD-RW/DVD Combo Drive. \$1000, will take \$500 now and \$500 next payday. Call 340-9296907.

AFN decoder for sale. Asking \$400. Please call Nancy at 339-5223166.

Beautiful oak and smoke glass dining room table and 6 chairs for sale. Contemporary design. Asking \$600. Please call Nancy at 339-5223166.

Dresser with mirror, \$40; 220v toaster, \$5; 220v hair dryer, \$5; 220v hair straightener, \$5; 220v power strips (2), \$5 each; Nokia cell phone/charger, \$50; misc. kitchen supplies, \$5; 220v electric sander, \$15; 220v electric drill, \$15. Call Lewis at 339-761-7038.

For sale: men's BDU's, new and used, size medium, half price of new, \$10 used. Also, Air Force Blues and Stripes. Call 335-8314765.

One year old sofa, Krocshler brand, 2 tone color, Paid \$550, sell for \$400. Black entertainment stereo cabinet with 4 shelves \$35, ab workout \$15, thigh workout \$12, step aerobic workout \$5. Call 624-0230 or 340-4951774.

White baby crib with mattress and also twin stroller for sale. Best offer. Call Angelo 328-8328657.

Wanted

Looking for Italian appliances, reasonably priced. Call 333-7620612.

Looking for someone to baby-sit my two daughters. One is 2 and the other is 10 months. I live in Marinai, but I am willing to go outside of base. Needed on Monday, Wednesday and Friday from 10 a.m. to 5 p.m. Please call x1504.

Seeking Weber charcoal grill "one touch gold or platinum", any one type in good condition. Please call 348-5116588 or e-mail finquill@tiscali.it

Wanted: Little Tikes outside playgrounds for small back yards in Mino. Please call Ali or Brent at 624-0645 after 6:30 p.m.

Seeking someone to mow my lawn in Marinai. My husband goes on deployment a lot, and I need someone to help. I can be reached at 624-1552 or 348-0354861.

Looking for a second car. Would like automatic, 4 door, used, mid-size U.S. auto, preferably between 1995 and 1998. No station wagon. Call 091-438081.

Lost and Found

Lost gold loop earring. Very sentimental. If you find it please call 333-2548916 or 339-6243428.

HRO Ads

Protocol Officer, GS-0301-09, Office of the Commanding Officer, Protocol Office, Sigonella. Announcement SIG04-029103(R). Open Until Filled.

*** New 2004 Announcement* Education Aid/Technician, GS-1702-03/04**, MWR Department, Child Development Center NAS Sigonella. Announcement number SIG04-EDTECH. Open Continuous.

*** New 2004 Announcement* Recreation Aid, GS-189-03**, MWR Department, Recreation Services Division, Youth Activities Branch, Various Locations, NAS Sigonella. Announcement number SIG04-RECAID. Open Continuous.

Supervisory Recreation Specialist, GS-0188-07, MWR Department, Recreation Division, Sports and Athletics Branch, NAS Sigonella. Announcement number SIG04-028531 (RR). Open Until Filled.

Lead Recreation Assistant, GS-189-04/05, MWR Department, Community Activities Branch, Take 5 Recreation Center, Sigonella. Announcement number SIG04-032228 (R). Open Until Filled.

Auto Hobby Shop Manager, GS-1101-07, MWR Department, Recreation Services Division, Auto Skills Clinic Branch, Sigonella. Announcement number SIG04-032261 (R). Open Until Filled.

Recreation Assistant, GS-0189-04/05, MWR Department, Recreation Division, Auto Skills Clinic Br., Sigonella. Announcement number SIG04-032262 (R). Open Until Filled.

Operations Assistant (OA), GS-0303-06, Information Technology Department, Sigonella. Announcement number SIG04-032696. Announcement number SIG04-032696. Closes 06 October 2004.

Supervisory Traffic Management Specialist, GS-2130-07/09, Supply Department, Customer Service Division, Personal property Branch, Nas Sigonella. Announcement number SIG04-033914. Closes 07 October 2004.

Dental Hygienist, UA-0682-05/04/03, U.S. Naval Dental Center Europe, Branch Dental Clinic Sigonella. Announcement number LN004-031300. Open Until Filled. Italian citizens only.

